BIG-TIME REPUTATIONS
Taylor Swift returns in August and Strawberry Fest announces its lineup. **Etc, 2B**

Tampa Bay Times

FLORIDA'S BEST NEWSPAPER | tampabay.com | ★★★★ TUESDAY, NOVEMBER 14, 2017 | $1

ANDREYCHUK TAKES HIS PLACE IN HALL OF FAME

On Monday night, Dave Andreychuk's long wait finally came to an end. The former Lightning star, who retired in 2006 after a 23-year NHL career that included a Stanley Cup in 2004 and 640 goals, was inducted into the Hockey Hall of Fame. **Sports, 1C**

Is your blood pressure too high?

The American Heart Association and the American College of Cardiology redefined high blood pressure as a reading of 130 over 80, down from 140 over 90. That means 46 percent of U.S. adults may now be considered hypertensive. **Nation, 4A**

Stopping in road ends in accident

The decision to stop in a turn lane to argue proved fatal for two women Sunday night when another car plowed into them. **Local, 1B**

County considers dog trainer rules

On Wednesday, Hillsborough commissioners will talk about an ordinance requiring dog trainers to obtain a license and agree to training plans. **Local, 1B**

TODAY'S WEATHER

Warm sunshine

8 a.m.	Noon	4 p.m.	8 p.m.
63°	77°	77°	70°

0% chance of rain
More, back page of Sports

tampabay.com

Follow the Buzz

Stay up to date on the latest news and events related to Florida politics at **tampabay.com/florida-politics/buzz/**.

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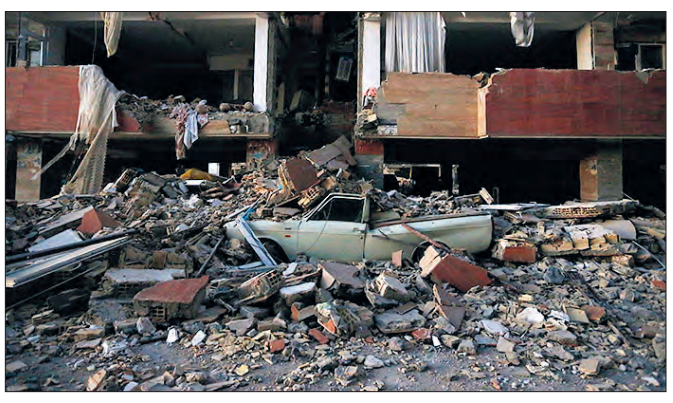
SARPOL-E-ZAHAB, IRAN

Tasnim News Agency via Associated Press

At least 450 die in quake

Relatives weep over the bodies of victims Monday in Sarpol-e Zahab, Iran, after a powerful 7.3-magnitude earthquake hit the Iraq-Iran border region. The quake, recorded at 9:18 p.m. Sunday, killed more than 450 people and injured thousands, the *New York Times* reported. It was felt as far away as Turkey and Pakistan. Seismologists said it was the largest quake to hit western Iran. The Tasnim news agency reported at least 445 deaths and 7,370 injuries in Iran, while at least eight were killed and 535 were injured on the Iraqi side, according to a Health Ministry spokesman. At right, a vehicle lies smashed by the quake debris.



Iranian Students News Agency via Associated Press

Prices jump at gas pump

Just in time for the holiday, bay area gas prices go up 25 cents a gallon.

BY MALENA CAROLLO
Times Staff Writer

A week before travelers hit the road for the Thanksgiving holiday, gas prices in Tampa Bay are surging, up 25 cents a gallon in the past week alone.

The average price per gallon in the bay area was $2.51 per gallon Monday, up from $2.26 per gallon a week ago and 44 cents higher than travelers faced a year ago, according to AAA.

"Our usual autumn pump price plunge was interrupted by rising oil prices," AAA spokesperson Mark Jenkins said in a release. Despite the current highs, "oil prices let off the throttle last week, allowing gas prices to find what appears to be solid ground."

Gas prices were also up statewide, rising from $2.40 per gallon last week to $2.53 per gallon Monday. Average Florida prices did, however, hold steady over the weekend, AAA said. National prices were steadier at $2.56 per gallon, up just 3 cents from last week.

Analysts cited several reasons for the significant, unseasonal increase: higher-priced crude oil; a slight dip in U.S. oil production; and fewer domestic oil rigs in operation. It may not show up at the pump yet, but the price of crude oil has come down recently as nine U.S. rigs were added last week and domestic inventories went up.

"Gas prices typically rise like a rocket and fall like a feather," Jenkins said.

There may be some relief around the corner. The price of crude oil has come down recently as nine U.S. rigs were added last week and domestic

» See PRICES, 5A

TAMPA BAY GAS PRICES*

Typically gas prices fall in the fall. Not this year.

MONDAY
$2.51
A WEEK AGO
$2.26
A MONTH AGO
$2.36
A YEAR AGO
$2.07

*per gallon
Source: AAA

Calls for Moore to step aside grow

Another woman says the Senate hopeful from Alabama assaulted her.

Associated Press

WASHINGTON — A second woman abruptly emerged Monday to accuse Roy Moore of sexually assaulting her as a teenager in the late 1970s, this time in a locked car, further roiling the Alabama Republican's candidacy for an open Senate seat. Leaders of Moore's own party intensified their efforts to push him out of the race.

Anticipating a tearful Beverly Young Nelson's allegations at a New York news conference, Moore's campaign ridiculed her attorney, Gloria Allred, beforehand as "a sensationalist leading a witch hunt." The campaign said Moore was innocent and "has never had any sexual misconduct with anyone." He insisted he was in the race to stay.

In the latest day of jarring events, Senate Republican leader Mitch McConnell and Moore essentially declared open war on each other. McConnell said the former judge should quit the race over a series of recent allega-

» See MOORE, 4A

Sen. Mitch McConnell says Moore should give up the race.

U.S. Senate candidate Roy Moore says he will not drop out.

Motive examined in Green Beret's death

Two SEAL commandos reportedly face review over theft from a fund for informers.

New York Times

WASHINGTON — Two Navy SEAL commandos under investigation in the strangling of an Army Green Beret soldier in June in Mali have also been under scrutiny in the theft of money from a fund used to pay confidential informants, according to three service members briefed on the matter.

One Navy official said that military authorities investigated the allegations earlier this year and concluded there was insufficient evidence to take any criminal or other disciplinary action against the commandos, who are members of the elite SEAL Team 6. But another former member of the unit said the inquiry was continuing.

The revelations may shed light on a possible motive in the death of Staff Sgt. Logan J. Melgar, a 34-year-old veteran of two tours in Afghanistan, in the embassy housing he shared in the Malian capital, Bamako, with the two Navy commandos, who were on a secret counterterrorism mission in the impoverished West African nation.

Staff Sgt. Logan Melgar was killed June 4 in Mali.

Melgar's killing marked the latest violent death under mysterious circumstances for U.S. troops on little-known missions

» See GREEN BERET, 5A

WILL VRAGOVIC | Times

Jeff Houghtaling of U.S. Cryotherapy helps *Tampa Bay Times* reporter Justine Griffin out of a cryotherapy chamber, where the temperature was 180 degrees below zero.

Finding relief while freezing

The cryotherapy trend is gaining traction in America, but how effective is it for aches and pains? One reporter tests it out.

BY JUSTINE GRIFFIN
Times Staff Writer

This was colder than the time I skied through a snow storm in the Swiss Alps. It was even colder than when I fell through a sheet of ice into a frozen lake in Colorado.

This was a cold I had never experienced. The kind that makes your teeth chatter. Really. And you shiver beyond control.

That's what I get for wanting to see what it feels like to try cryotherapy, a popular alternative to icing sore muscles, joints and other ailments, and a health fad that seems to be sticking around.

It involves submerging the entire body in sub-zero temperatures or blasting freezing-cold air to a specific area, say your knee. Diehard fans say it helps with chronic pain and muscle recovery. Some say it's an anti-aging and weight-loss tool.

But would it handle the aches and stiffness in my shoulders and lower back from years of horseback riding?

Jeff Houghtaling, general manager of U.S. Cryotherapy Tampa, invited me to find out. I met him at the center to get my freeze on.

The sign at 1905 W Kennedy Blvd. isn't hard to see from the road, but the building can be easily missed between the many businesses sandwiched together on this thoroughfare into downtown Tampa.

On first glance, it's clear that Houghtaling is a fit guy. He's an avid practitioner of Brazilian jiu-jitsu and says the majority of clients he sees at U.S. Cryotherapy, which opened in

» See CRYOTHERAPY, 6A

Giving it a try

Reporter Justine Griffin says her first cryotherapy experience left her feeling bright and alert but with a headache. See her session at **video.tampabay.com**.